

INCREMENTAL WEIGHT TRAINING SYSTEM, APPARATUS, AND METHODS

ABSTRACT

5 *AK* The invention provides an incremental weight system adapted for use in weight training comprising a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces. Each incremental weight includes a thin disk having a center opening adapted to receive a standard olympic barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

09934033-082101
TOT280-604660